

**Chicago Department of Family & Support Services
SENIOR SERVICES AREA AGENCY ON AGING**

LIFE ENRICHMENT PROGRAMS
For Chicagoans 60 Years and Better
Spring 2019



**Mayor Rahm Emanuel
City of Chicago**



**Lisa Morrison Butler
Commissioner**



SPRING 2019

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A Note from the Commissioner

Dear Friends:

Each year, more and more older adults are making a positive impact in and around Chicago. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community.

This year's OAM theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- **Connect** with friends, family, and local services and resources.
- **Create** through activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

We invite you to visit your local DFSS senior center to connect. No matter where you are in your life, there is no better time than now to start and no better place than your nearest senior center.

Sincerely,

Lisa Morrison Butler, Commissioner
Chicago Department of Family and Support Services

A Note from the Executive Director

Dear Fellow Seniors:

Sometimes it is just hard to let go! Look at Winter, it just didn't want to give up but it too shall pass. How often in our own lives do we find it hard to let go of the past? Great memories linger and we welcome them with warm smiles. Disappointments surface but those we can dismiss as the price of our ticket to life. What we really need to let go of are the regrets and grudges we harbor in the recesses of our hearts. These are what cause the eternal winter in our souls. I pledge to sweep out these corners and make more room for the sun to shine in. Sometimes all I really need is a good internal Spring cleaning. Enjoy the season!

Blessings,

Joyce

*Programs
and Services*
• • •

*Benefits Eligibility
Checkup*

*Caregiving
Resources*

*Care Coordination
Services*

Chicago Fitness Plus

*Chore /
Housekeeping*

*Adult Protective
Services Program*

*Foster Grandparent
Program*

*Golden Diners
Nutrition Program*

*Home Delivered
Meals*

*Health & Wellness
Program*

*Older Relatives
Raising Children*

*Ombudsman
Program*

Respite Care

*Senior Companion
Program*

Chicago Department of Family & Support Services – Senior Services Area Agency on Aging

Chicago Department of Family and Support Services - Area Agency on Aging is designated by the United States government under the Older Americans Act, and by the Illinois Department on Aging, as the "Area Agency on Aging" for the City of Chicago. Area Agencies on Aging are part of a nationwide network of State and local programs that help older people to plan and care for their life long needs. With the goal of keeping seniors living independently in their own homes for as long as possible, Senior Services- Area Agency on Aging provide a wide range of options that allow older adults, ages 60 and over, access to services and programs that allow them to remain healthy, safe, and independent.

Information & Assessment Services

Information and Assessment is the key element to accessing all programs and services for senior citizens, and is a "one stop link" to elder care service providers in the city of Chicago and throughout the nation. By placing a call to **(312)744-4016**, an older person or caregiver receives information about the services offered by the Chicago Department of Family and Support Services and the aging network. Central Information and Assessment is located in City Hall, 121 North LaSalle St., Room 100, with five (5) community locations in the Regional Senior Centers.

Regional and Satellite Senior Centers

DFSS Senior Centers offer a variety of social, educational, cultural, recreational activities for seniors and their informal caregivers. There are twenty-one (21) senior centers located throughout the city. Contact information for each of the centers is listed on the back page of the brochure. Each center is tailored to the needs and interests of the local community. All centers offer resources for caregivers, Life Enrichment activities, computer learning centers including internet access, fitness programming, congregate dining, and more.

DFSS Senior Services Programs and Services: At a Glance

Benefits Eligibility Checkup	Using an on-line benefits calculation tool, trained staff screen seniors for hundreds of federal, state and local benefits programs, including; prescription drug coverage, weatherization, energy assistance, & financial assistance. Staff then works with seniors in applying for identified benefits.
Caregiving Resources	Informal/familial caregivers are provided a variety of assistance and supports to aid them in caring for their older loved ones. Services such as one-on-one counseling, family mediation, support groups, newsletters, information and referrals and education opportunities are available.
Care Coordination Services	Through a referral from I&A, trained and certified care coordinators provide a comprehensive needs and eligibility assessment and create appropriate individualized plans of care utilizing a variety of in-home services, allowing seniors to live as independently as possible in their homes and communities. Plans of care are monitored and updated as needed.
Chicago Fitness Plus	Award-winning fitness program that boosts endurance, strength, balance and flexibility. Senior centers are equipped with senior friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training.
Chore/ Housekeeping: Heavy Duty & Short-Term	Heavy Duty Chore is an one-time intensive cleaning for seniors whose living conditions pose a threat to their health and safety. Services include trash removal, window cleaning, moving heavy furniture and packing. Short-Term Chore assists seniors recuperating from a short-term illness; a temporary medical disability; and/or has been recently discharged from a medical setting. The temporary housekeeping assistance includes: light housekeeping tasks, laundry, and/or shopping.
Adult Protective Services Program	Trained and certified Adult Protective Services Caseworkers respond to reports of alleged physical, emotional and sexual abuse, neglect, confinement or financial exploitation of any person, age 18-59 living with a disability or older adults living in the community. The program provides assessment, investigation, intervention and follow-up services to victims. Investigators work with the eligible adult to develop a plan to alleviate the abusive situation and reduce the risk of further harm to the eligible person.
Foster Grandparent Program	Opportunity for seniors to make a difference in a child's life. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.

FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016

DFSS Senior Services Programs and Services: At a Glance

Golden Diners Nutrition Program	Hot, nutritious lunches in a communal setting are provided at approximately 60 community locations each weekday throughout Chicago. In addition to meals, seniors can participate in a variety of activities, from health education and exercise classes to field trips.
Home Delivered Meals	Microwave-ready frozen or hot meals delivered to home-bound seniors who are unable to prepare meals for themselves and have no other means of acquiring nutritious meals. This service is available after an in-home assessment by a care coordinator.
Health & Wellness Program	Health promotion and disease prevention programming provided at all DFSS senior centers through monthly presentations, health screenings, and one-on-one consultations with wellness nurses, dietitians, pharmacists, and social workers.
Older Relatives Raising Children	For seniors who have primary caregiving responsibility of a child, from birth to age 18 or those caring for their severely-disabled adult children. Short-term one-on-one counseling and support groups are available. Emergency financial assistance can be accessed for one-time emergency rent payment, school uniform and equipment, medication, and other basics.
Ombudsman Program	Ombudsmen protect, defend and advocate for residents in long term care facilities such as nursing homes and assisted living facilities. Utilizing staff and volunteers, they inform residents and their families of their rights, resolve complaints, provide information on residents needs/concerns to families, facility staff and the department, and advocate for quality individualized care for the residents.
Respite Care	Allows family caregivers caring for a senior, time for themselves. Respite provides professional trained staff to care for a frail senior, who has a familial caregiver, on a temporary basis. This care can be provided in home or in a nursing facility. Respite can be used in an emergency, such as the illness of a caregiver or for planned time away; such as a vacation, special event, appointment or just some time for themselves.
Senior Companion Program	Opportunity for seniors to make a difference in the lives of lonely, frail and homebound seniors by reading, engaging in conversation, preparing light meals and more. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.
Senior Medicare Patrol	The SMP (Senior Medicare Patrol) Program educates consumers about health care fraud, waste, and abuse. Program staff and volunteers help people with Medicare and Medicaid to: educate, detect, and report possible Medicare and Medicaid fraud, waste, and abuse.
Senior Employment Training	Employment training and job placement for seniors (at least 55 years old) for re-entry into the job market.

FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016

LEGAL ASSISTANCE SERVICES FOR OLDER ADULTS

CARPLS is the legal aid hotline for Cook county. Each year, CARPLS conducts over 54,000 legal consultations with low and modest means clients. CARPLS has dedicated a new hotline for addressing the legal needs of older adults in the City of Chicago through a grant award from the Chicago Department of Family & Support Services—Senior Services Division.

CARPLS will assist with a wide range of legal issue areas including:

- **Housing**
- **Family Law**
- **Consumer Debt**
- **Probate and Estates**
- **Immigration**
- **Civil Rights**
- **Public Benefits & Taxes**
- **Other**



CARPLS attorneys provide brief legal services, which includes legal analysis of the client's situation, legal advice and strategy, legal counseling on the best course of action, review of court documents or other legal documents, and in appropriate situations, drafting of legal pleadings and letters.

CARPLS attorneys do not provide direct representation in court on behalf of clients; if a client needs an in court attorney, CARPLS tries to refer the client to a network of 40 legal aid programs in Cook county.

To make a referral for services call DFSS Senior Services Information and Assistance Telephone Line at (312)744-4016. Or, you can email your legal services request to: Aging@cityofchicago.org and include your name, address, telephone number, and date of birth.



10 TIPS FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.



Be open to new technologies that can help you care for your loved one.



Watch out for signs of depression and don't delay getting professional help when you need it.



Caregiving is hard work so take respite breaks often.



Organize medical information so it's up to date and easy to find.



Make sure legal documents are in order.



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10

8

Need Support to Assist in your Caregiving Duties?

DFSS Caregiver Program: Counseling & Support Services



- Are you an unpaid caregiver who lives with a frail Older Chicagoan at least 60 years of age and provides assistance with their daily activities?
- Are you the unpaid caregiver who lives with an individual with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction and you assist them with their daily activities?
- Do you need to speak to a counselor or therapist?
- Would you like to meet and interact with fellow caregivers?

The Chicago Department of Family and Support Services Counseling and Support program may be able to provide you with needed assistance. We will have a case manager come to your home and conduct an in-home assessment to determine your eligibility for the Counseling & Support program and provide you with additional information on Caregiving resources.

The Caregiver Counseling Program provide Family/Individual Counseling, therapy, support groups and Gap Filling.

**For further information or to make a service request, please call
(312)744-4016 or email aging@cityofchicago.org**



**CIRCUIT COURT
OF COOK COUNTY
ELDER JUSTICE CENTER**

FREE SENIOR ENRICHMENT SEMINAR SERIES:

Managing Evictions and Code Violations: Useful Tools

Topics to Include:

- City of Chicago Residential Landlord Tenant Ordinance
- Conditions that create housing code violations
- Housing inspection process

SPEAKER: **Claire McFarland, Esq.**
Executive Director
Elder Law & Wellness Initiative, NFP

Thursday, May 9, 2019

12:00 noon – 1:30 p.m.

Richard J. Daley Center
50 West Washington Street
Courtroom 2005
Chicago, Illinois 60602

TO REGISTER CONTACT:

The Circuit Court of Cook County Elder Justice Center
(312) 603-9233

Honorable Timothy C. Evans, Chief Judge, Circuit Court of Cook County

**CIRCUIT COURT
OF COOK COUNTY
ELDER JUSTICE CENTER**

FREE SENIOR ENRICHMENT SEMINAR SERIES:

**Domestic Violence Against Seniors:
Misuse of Power and Control**

Topics to Include:

- Court process for obtaining orders of protection
- Legal protections and resources for survivors of domestic violence

SPEAKERS: **Hon. Judith Rice**

Domestic Violence Division, Circuit Court of Cook County

Hon. Jeanne Wrenn

Domestic Violence Division, Circuit Court of Cook County

Jewell D. Wilson

Department of Family and Support Services- Area Agency on Aging, Senior Advocacy Program

Thursday, May 23, 2019

12:00 noon – 1:30 p.m.

Richard J. Daley Center
50 West Washington Street
Courtroom 2005
Chicago, Illinois 60602

TO REGISTER CONTACT:

The Circuit Court of Cook County Elder Justice Center
(312) 603-9233

Hon. Timothy C. Evans, Chief Judge, Circuit Court of Cook County

**CIRCUIT COURT
OF COOK COUNTY
ELDER JUSTICE CENTER**

FREE SENIOR ENRICHMENT SEMINAR SERIES:

Bankruptcy: The Decision and Consequences

Topics to Include:

- Chapter 7 and chapter 13
- Bankruptcy exemptions
- Non-dischargeable debt
- How bankruptcy affects family and friends

SPEAKERS: Hon. Jacqueline P. Cox

United States Bankruptcy Court, Northern District of Illinois

Attorney Stephen G. Wolfe

Office of the United States Trustee, Northern District of Illinois

Thursday, June 6, 2019

12:00 noon – 1:30 p.m.

Richard J. Daley Center
50 West Washington Street
Courtroom 2005
Chicago, Illinois 60602

TO REGISTER CONTACT:

The Circuit Court of Cook County Elder Justice Center
(312) 603-9233

Honorable Timothy C. Evans, Chief Judge, Circuit Court of Cook County

**CIRCUIT COURT
OF COOK COUNTY
ELDER JUSTICE CENTER**

FREE SENIOR ENRICHMENT SEMINAR SERIES:

**ELDERLY FRAUDS AND SCAMS: Stopping Adult
Financial Exploitation (SAFE)**

Topics to Include:

- Understanding the techniques criminals use to deceive seniors
- Discover what you can do to protect yourself; where to report abuse
- What is adult financial exploitation; what are some signs that someone may be experiencing this type of abuse (common signs, who may be at risk, etc.)

SPEAKERS: **Assistant State's Attorney Denise Tomasek**

Seniors and Persons with Disability Unit,
Cook County State's Attorney's Office

Attorney Thomas C. Wendt, Legal Director

Attorney Elise Robie, Equal Justice Works Fellow
Center for Disability & Elder Law (CDEL)

Thursday, June 20, 2019

12:00 noon – 1:30 p.m.

Richard J. Daley Center
50 West Washington Street
Courtroom 2005
Chicago, Illinois 60602

TO REGISTER CONTACT:

The Circuit Court of Cook County Elder Justice Center
(312) 603-9233

ABOUT OUR TRIPS AND EVENTS

WAIVERS: Every trip/event participant must register by completing and signing a Senior Services Emergency Contact/Waiver.

RESERVATIONS: Reservations are not guaranteed until the ticket is paid for. Please do your best to register as early as possible, since many of our trips and events fill up quickly.

REFUNDS: In order to make programs available to as many people as possible, we do our best to keep costs low. We base the cost per person by dividing the cost of the outing by the number of people we expect on the bus. We therefore regret we are unable to give refunds or discounts. However, if we have a waiting list and are able to sell your seat on or before the day of the trip, we will be happy to refund your money. Otherwise, we suggest you give your ticket to a friend as an "early" birthday or holiday present. Naturally we will refund your money if an event is canceled or significantly altered by Senior Services.

WHEELCHAIRS: If you use a wheelchair and would like to participate, please contact us at (312) 746-4798 to discuss arrangements.

TELEPHONE NUMBERS: When you register, make sure that you provide us with your phone number. Sometimes, in order to fill buses, we need to combine two locations. This can result in a change in the date of your program. If we have your phone number, we can contact you to work out these details.

PROMPTNESS: Most of our events and trips are on tight time schedules, and it is our policy to leave promptly at the stated departure time. This makes us unable to wait for latecomers. We regret that no refunds can be given to tardy participants who miss a bus.

NAME TAGS: We require participants to wear name tags as identifiers as part of our safety procedures.

COURTESY: Participants who go on our outings are expected to cooperate with group leaders, bus drivers and staff, as well as key persons in charge at the point of destinations. Any seniors or group leaders who are uncooperative - by being late, refusing to accommodate reasonable requests, or showing rude or anti-social behavior will be denied access to future trips, programs and events for the safety and comfort of the rest of the participants.

ABOUT OUR TRIPS AND EVENTS CONT...

GROUP ISSUES: Group leaders must obtain reservation numbers to register for trips. Payment must be made by the Money Due Date given at time of registration. Unless otherwise designated, Group leaders are given one complimentary ticket when leading 19 or more participants. When two groups share a bus, the first group boarding the bus should fill in the driver's side of the bus, leaving the passenger side for group two. Front seats by the driver are reserved for the group's leader or Family & Support Services staff. Group leaders are responsible for taking attendance to make sure everyone is accounted for and for bringing emergency forms for each participant. Group leaders must immediately let staff know of any accidents or incidents that occurs during the trip. (We salute the energy and dedication of our group leaders! We couldn't host these programs without them).

ACCOMMODATIONS FOR PERSONS WITH HEARING IMPAIRMENTS: If you need a sign language interpreter for any of our lectures, programs or classes, please let us know as soon as possible so we can make the necessary arrangements. You can let us know by either calling your center on your TTY, writing a letter, stopping in or asking a friend to contact us. We welcome your participation.

PARKING: The five Regional Senior Centers have adjacent free parking. Regrettably, Renaissance Court has NO free parking, but plenty of public transportation options.

PREPARATION: Since some of our outings require walking, climbing or varying amounts of stamina, participants are responsible for learning about programs and trips before signing up for them, paying close attention to all trip details and any trip advisories or cautions. Proper footwear and clothing are the participant's responsibility.

Diabetics may want to consider bringing their own snacks should they have concerns about an event's meal service time.

EXTREME WEATHER WARNING: In case of severely hot, cold or extreme weather please call centers to confirm trips and events.

DISCLAIMER: Senior Services is not responsible for opinions or recommendations of vendors or facilitators.

Chicago Department of Family & Support Services

Tribute to Patti LaBelle



Thursday, April 18, 2019

Cost \$40.00 includes transportation, lunch and show.

Buddy Guy's Restaurant

Buffet Menu

Baked Chicken

Garlic Mashed Potatoes

Green Beans

Chicken Gumbo

Corn Bread

Assorted Dessert Squares

Morning Show: Doors Open at 10:30 a.m.

Afternoon Show: Doors Open at 1:00 p.m.

You can get tickets by visiting one of the following Senior Centers:

10:30 a.m. - Northeast, Northwest, Central/West, Southeast, Southwest and Austin
Satellite Center.

1:00 p.m. - Abbott Park, Roseland, South Chicago, Englewood & Auburn Gresham

Make checks payable to the Auxiliary of the Northwest



Rahm Emanuel, Mayor
City of Chicago

Lisa Morrison-Butler
Commissioner

2019 Fraud Fair

Presented by The Chicago Department of Family and Support Services, White Crane Wellness Center and the Illinois SMP Program at AgeOptions

Date

Thursday, May 16th, 2019

Location

Southeast Regional Senior Center
1767 E 79th Street,
Chicago, IL: Classrooms 2 and 3

Time

10:00 am-12:30 pm

The Fraud Fair will be hosting exhibitors from a variety of consumer protection agencies that will be providing information on fraud prevention.

Come join us for a free opportunity to educate yourselves and loved ones on how together, we can work to protect, detect and report healthcare fraud.



Updated FY19-23 (6/12/18)
<https://www.acf.hhs.gov/grants/managing-grant>

This project was supported, in part by grant number 90MPPG0036, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



Document Destruction will be providing the event with large bins to take any forms, old Medicare cards, Medicare Summary Notices or any other documents you would like to shred in order to maximize your consumer protection!

WELLNESS PROGRAM

APRIL - JUNE 2019

The most important component of the Wellness Program is YOU! Healthy living helps to prevent chronic disease and certain disabilities. It can ensure that today's older persons as well as future generations not only live longer, but also live better. It's never too late to adopt healthy lifestyle habits. The Wellness Program can help you start a personal wellness program or provide you the support you need to maintain your wellness goals.

- The Wellness Program at Central West, Southeast (Atlas) and the Southwest Senior Centers is provided by the Bowman Center/Rush University Medical Center.
- The Wellness Program at the Northeast (Levy) Senior Center, Northwest (Copernicus) Senior Center, and Renaissance Court is provided by White Crane Wellness Center.

At each senior center, the latest information on healthy living and disease prevention is provided through monthly talks with the wellness nurse, social worker, dietitian, and pharmacist.

Take a look at the wellness schedule at the center nearest you and meet the wellness team. It is the first step to a healthier lifestyle.

WELLNESS TEAM OF PROFESSIONALS

WELLNESS NURSE

The Wellness Nurse is available weekly at each center. The Wellness Nurse is knowledgeable about health issues and provides education, guidance and insight. The Wellness Nurse provides blood pressure and other health screenings, support groups, and monthly health talks to help you manage your health.

SOCIAL WORKER

The Social Worker is available several times each month by appointment for private, one-on-one consultations. See the Social Worker for advice and information on resources for those times when you are faced with life's challenging issues. The Social Worker also leads a discussion group on a variety of topics focusing on contemporary issues of aging.

DIETITIAN

The Dietitian is available monthly to assist you in achieving your nutritional goals with one-on-one consultations, nutritional health talks, and discussion groups. The Dietitian shares insights about dietary needs, strategies to make positive lifestyle changes as well as the relationship between nutrition and your health.

PHARMACIST

A Pharmacist is available at each center one half-day each month. In addition to informative presentations and question and answer sessions on medications and health-related issues, the Pharmacist is available by appointment for private, one-on-one consultations to address your concerns. Make an appointment for a "brown-bag" medication review (bring all of your medications into the pharmacist for review) to receive help with timing your medications or bring in your lab results for discussion. See each center's postings for available appointment times.

APRIL PRESENTATIONS

NURSE PRESENTATIONS

Know the Facts about Stroke

Stroke is the No. 5 cause of death and a leading cause of disability in this country. Knowing your risk factors for stroke is the first step in preventing a stroke. The nurse will share important information about the risk factors for stroke and lifestyle changes to prevent a stroke. The discussion will also include information regarding the causes, symptoms, diagnosis, and treatment of strokes.

Central West	Thursday	April 12	10:00 - 11:00 A.M.
Northeast	Thursday	April 11	9:30 - 10:15 A.M.
Northwest	Tuesday	April 9	9:30 - 10:15 A.M.
Southeast	Tuesday	April 17	9:30 - 10:30 A.M.
Southwest	Tuesday	April 24	10:15 - 11:15 A.M.
Renaissance Court	Monday	April 1	11:00 A.M. - 12:00 P.M.

DIETITIAN PRESENTATIONS

Take the Time to Keep Your Vascular Highway Clear!

Many people know that a healthy diet and adequate exercise helps prevent their risk of having a heart attack. However, most people don't realize how critical both of these are to also preventing a stroke. Your vascular system connects to every part of your body. Therefore, what you eat, how much you eat and how much you exercise helps keep that system clear. Learn what foods will help you keep your vascular system "traffic free".

Central West	Thursday	April 5	10:00 – 11:00 A.M.
Northeast	Friday	April 12	1:00 – 2:00 P.M.
Northwest	Monday	April 29	9:00 – 10:00 A.M.
Southeast	Friday	April 13	10:00 – 11:00 A.M.
Southwest	Monday	April 23	9:45 – 10:45 A.M.
Renaissance Court	Tuesday	April 9	3:00 – 4:00 P.M.

PHARMACIST PRESENTATIONS

Promoting Age-Friendly Health Care

As our population ages, it is becoming more important every year to develop age-friendly health care to ensure we keep our older adults safe. Older adults often have complex needs and are at high risk for harm from unwanted treatment or potentially inappropriate medications. The **4Ms** (What Matters, Medications, Mentation and Mobility) is a strategy to provide age-friendly care to older adults in any setting including the home, doctor's office, or hospital. In this session, the pharmacist will discuss promoting age-friendly health care.

Central West	Tuesday	April 24	10:00 - 11:00 A.M.
Northeast	Tuesday	April 23	10:00 - 11:00 A.M.
Northwest	Friday	April 19	10:30 - 11:30 A.M.
Southeast	Thursday	April 5	10:15 - 11:15 A.M.
Southwest	Thursday	April 19	10:15 - 11:15 A.M.
Renaissance Court	Thursday	April 25	1:30 - 2:30 P.M.

* Note: change in regular schedule

MAY PRESENTATIONS

NURSE PRESENTATIONS

Healthy Aging: Keeping Strong and Active

Learn how lifestyle choices and actively managing your health care can help you age successfully. The value of the Annual Medicare Visit, recommended screenings, and knowing how to ask questions of your healthcare provider will also be discussed.

Central West	Thursday	May 3*	10:00 – 11:00 A.M.
Northeast	Thursday	May 9	9:30 – 10:15 A.M.
Northwest	Tuesday	May 14	9:30 – 10:15 A.M.
Southeast	Tuesday	May 15	9:30 – 10:30 A.M.
Southwest	Tuesday	May 22	10:15 – 11:15 A.M.
Renaissance Court	Monday	May 6	11:00 A.M. – 12:00 P.M.

DIETITIAN PRESENTATIONS

DETERMINE your Nutritional Health

The DETERMINE Checklist is a quick and simple way of checking how your nutritional health is doing. DETERMINE is an acronym based on important health information that can affect your health. We will walk you through each question of the checklist, present what each component of this acronym stands for and help you determine if you are on the right path to nutritional success.

Central West	Thursday	May 10*	10:00 - 11:00 A.M.
Northeast	Friday	May 10	1:00 - 2:00 P.M.
Northwest	Wednesday*	May 29*	9:00 - 10:00 A.M.
Southeast	Friday	May 11	10:00 - 11:00 A.M.
Southwest	Monday	May 21	9:45 - 10:45 A.M.
Renaissance Court	Tuesday	May 14	3:00 - 4:00 P.M.

PHARMACIST PRESENTATIONS

Aging Body

Seniors are the fastest growing segment of the population. Although there are many joys of a long life, advanced age is often accompanied by worsening health conditions. The key to successful aging is having a healthy mind, lifestyle, and correctly managing your disease states and medications. This session will give you tips to make the most of your healthcare and successfully age.

Central West	Tuesday	May 22	10:00 - 11:00 A.M.
Northeast	Tuesday	May 28	10:00 - 11:00 A.M.
Northwest	Friday	May 17	10:30 - 11:30 A.M.
Southeast	Thursday	May 3	10:15 - 11:15 A.M.
Southwest	Thursday	May 17	10:15 - 11:15 A.M.
Renaissance Court	Thursday	May 23	1:30 - 2:30 P.M.

* Note: change in regular schedule

JUNE PRESENTATIONS

NURSE PRESENTATIONS

Brain Health: Memory Care and Caregiver Support

This talk will explore maximizing memory through diet, exercise, lifestyle and medication. It will also address identifying caregiver burden and will provide suggestions to reduce stress.

Central West	Thursday	June 21*	10:00 - 11:00 A.M.
Northeast	Thursday	June 13	9:30 - 10:15 A.M.
Northwest	Tuesday	June 11	9:30 - 10:15 A.M.
Southeast	Tuesday	June 19	9:30 - 10:30 A.M.
Southwest	Tuesday	June 26	10:15 - 11:15 A.M.
Renaissance Court	Monday	June 3	11:00 A.M. - 12:00 P.M.

DIETITIAN PRESENTATIONS

Bulking Up Your Brain!

You have heard many catch phrases over the years toting what you NEED to eat: "Be sure to drink your Ovaltine"; "An apple a day keeps the doctor away". In fact, these phrases go as far back as Hippocrates: "Let food be thy medicine and medicine be thy food". However, is there really any magic to an apple or Ovaltine, or any foods for that matter, to save your brain? Well, magic has nothing to do with it. But what foods you choose can leave you thinking as clearly as possible. Come learn what to eat to bulk up your brain power.

Central West	Thursday	June 14*	10:00 - 11:00 A.M.
Northeast	Friday	June 14	1:00 - 2:00 P.M.
Northwest	Monday	June 24	9:00 - 10:00 A.M.
Southeast	Friday	June 8	10:00 - 11:00 A.M.
Southwest	Monday	June 18	9:45 - 10:45 A.M.
Renaissance Court	Tuesday	June 11	3:00 - 4:00 P.M.

PHARMACIST PRESENTATIONS

Home Medication Safety

It is important to know how to use your medicine to help you avoid possible problems. Unsafe medication use can result in adverse drug events leading to unwanted symptoms, increased office and emergency room visits, hospitalizations, and in extreme cases, even death. When you know your medicine and how to use it safely, and frequently talk with your health care providers, it makes it easier to avoid medication safety problems. In this session, the pharmacist will discuss home medication safety.

Central West	Tuesday	June 26	10:00 - 11:00 A.M.
Northeast	Tuesday	June 25	10:00 - 11:00 A.M.
Northwest	Friday	June 21	10:30 - 11:30 A.M.
Southeast	Thursday	June 7	10:15 - 11:15 A.M.
Southwest	Thursday	June 21	10:15 - 11:15 A.M.
Renaissance Court	Thursday	June 27	1:30 - 2:30 P.M.

* Note: change in regular schedule

Northeast (Levy) Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Cynthia Jones, RN

First, Second, Third Thursdays, 9:00 A.M. - 12:00 P.M.

SOCIAL WORKER: Mary Ellen Withers, LCSW

First, Second, Third Wednesdays, 12:45 P.M. - 3:45 P.M.

PHARMACIST: Beatrice Drambarean, PharmD

Fourth Tuesdays, 9:00 A.M. - 12:00 P.M. (April 23, May 28, June 25)

DIETITIAN: Jim Coogan, RD, LDN

Second Fridays, 1:00 P.M. - 3:00 P.M. (April 12, May 10, June 14)

BLOOD PRESSURE SCREENING

First Thursdays, 9:00 A.M. - 12:00 P.M. (April 4, May 2, June 6)

SUPPORT GROUPS

HEALTH MATTERS

Third Thursdays, 9:30 - 10:15 A.M.

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
 - April 18
 - May 16
 - June 20

FOOD 4 THOUGHT

First, Second, Third Wednesdays, 1:00 - 2:00 P.M.

Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

* Note: change in regular schedule

Northwest (Copernicus) Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Cynthia Jones, RN

First, Second, Third Tuesdays, 9:00 A.M. - 12:00 P.M.

SOCIAL WORKER: Please welcome our new social worker. To find out the social worker's schedule at this site, please call White Crane at 773-271-9001.

PHARMACIST: James Lee, PharmD

Third Fridays, 9:00 A.M. - 12:00 P.M. (April 19, May 17, June 21)

DIETITIAN: Trishna Joshi, RDN, LD/N

Last Mondays, 9:00 A.M. - 1:00 P.M. (April 29, May 29*, June 24)

BLOOD PRESSURE SCREENING

First Tuesdays, 9:00 A.M. - 12:00 P.M. (April 2, May 7, June 4)

SUPPORT GROUPS

HEALTH MATTERS

Third Tuesdays, 9:30 - 10:15 A.M.

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
 - April 16
 - May 21
 - June 18

TOO MUCH ON YOUR PLATE?

Please welcome our new social worker. To find out the social worker's schedule at this site, please call White Crane at 773-271-9001.

Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

* Note: change in regular schedule

Renaissance Court Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Celeste Presperin-Pearson, RN
Mondays, 10:15 A.M. - 1:15 P.M. (Except April 29 and May 27)

SOCIAL WORKER: Please welcome our new social worker. To find out the social worker's schedule at this site, please call White Crane at 773-271-9001.

PHARMACIST: Erika Hellenbart, PharmD
Fourth Thursdays, 12:00 - 3:00 P.M. (April 25, May 23, June 27)

DIETITIAN: Jim Coogan, RD, LDN
Second Tuesdays, 3:00 P.M. - 4:00 P.M. (April 9, May 14, June 11)

BLOOD PRESSURE SCREENING
Second Mondays, 10:15 A.M. - 1:15 P.M. (April 8, May 13, June 10)

SUPPORT GROUPS

HEALTH MATTERS

Third Mondays, 11:00 A.M. - 12:00 P.M.

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.

- April 15
- May 20
- June 17

BALANCING YOUR LIFE

Please welcome our new social worker. To find out the social worker's schedule at this site, please call White Crane at 773-271-9001.

Keeping your life in balance is always a challenge. Later in life, it seems, there are even more factors that can trip you up. This series gives you the tools to keep balance in various parts of your life: social, spiritual and mental. Learn information that expands your life strategies, share ideas and feelings, and gain support of others.

* Note: change in regular schedule

Central West Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE:

Joanne Miller, PhD, APN/GNP-BC **(NO Nurse June 7 and 14)**
Every Thursday, 8:15 A.M. - 12:15 P.M.
April 12* (8:15A.M-11:30A.M)

SOCIAL WORKER: Ethan Powe, MSW, LSW
First and Third Tuesdays, 9:30 – 11:30 A.M.
April 3 and 17 May 1 and 15, June 5 and 19

PHARMACIST: Michele Martin, PharmD
Fourth Tuesdays, 10:00 A.M. – 12:00 P.M.
April 24, May 22, June 26

DIETITIAN: Kristin Gustashaw, MS, RD, CSG
First Thursdays, 9:30 – 11:30 A.M.
April 5, May 10*, and June 14*

BLOOD PRESSURE SCREENING (No nurse June 7)
First Thursdays, 8:30 - 9:30 A.M.
April 5 and May 3

SUPPORT GROUPS

STILL GOING STRONG (NURSE)
Third Thursdays, 10:00 - 11:00 A.M.
April 19, May 17, and June 28*
This group uses a prayer-focused environment to support one another in dealing with contemporary issues of aging.

WAYS TO FEEL GOOD (SOCIAL WORKER)
First and Third Tuesdays – 10:00 – 11:00 A.M.
April 3 and 17 May 1 and 15, June 5 and 19

Southeast (Atlas) Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE:

Marcia Murphy, DNP, APN/APN-BC
Every Tuesday, 8:30 A.M. - 12:30 P.M.

SOCIAL WORKER: Daniela Mitchem, MSW, LCSW

First and Third Mondays, 9:30 – 11:30 A.M.
April 2 and 16 May 7 and 21, June 4 and 18

PHARMACIST: Amina Gassam, PharmD

First Thursdays, 9:30 - 11:30 A.M.
April 5, May, 3 June 7

DIETITIAN: Kristin Gustashaw, MS, RD, CSG

Second Fridays, 9:30 - 11:30 A.M. (Both Kristin Gustashaw and Sharon Williams (Diet Technician) will provide on site and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)
April 13, May 11, and June 8

BLOOD PRESSURE SCREENING

First and Fourth Tuesdays, 10:30- 11:30 A.M.
April 3 and 17, May 1 and 15, and June 5 and 19

SUPPORT GROUPS

WHAT'S ON YOUR PLATE? (SOCIAL WORKER)

First and Third Mondays, 10:00 – 11:00 A.M.
April 2 and 16 May 7 and 21, June 4 and 18

This group helps people cope with everyday events.

Southwest Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE:

Cindy Nissen MSN, CWCN (**NO NURSE on TUESDAY MAY 1 and MAY 8)**
Every Tuesday, 8:30 A.M. – 12:30 P.M.

SOCIAL WORKER: Jeaneane Quinn, LSW

First and Third Thursdays, 9:00A.M – 11:00 A.M.
April 5 and 19, May 3 and 17, June 7 and 21, 2019

PHARMACIST: Aimee Chevalier, PharmD

Third Thursdays, 10:00 A.M. - 12:00 P.M.
April 19, May 17, and June 21, 2019

DIETITIAN: Kristin Gustashaw, MS, RD, CSG

Third Mondays, 9:30 - 11:30 A.M. (Both Kristin Gustashaw and Sharon Williams (Diet Technician) will provide on site and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)
April 23, May 21, and June 18, 2019

BLOOD PRESSURE SCREENING

Tuesdays, 9:00 A.M.–12:00 P.M.
April 3 and June 5, 2019 - Remember to bring your blood pressure card

SUPPORT AND WEIGHT LOSS GROUPS

WE'LL EAT BETTER...TOGETHER SUPPORT GROUP (NURSE)

Tuesdays, April 10 and June 12, 2019 at 10:15 A.M.

- A support group for older adults to share tips and tricks for healthier eating to maintain, gain, or lose a few pounds.

RELAX AND RENEW (NURSE)

Third Tuesdays, April 17, May 15 and June 19 at 10:15 A.M.

- Explore a variety of relaxation techniques with your Wellness Nurse for the health of it!

LOOK & LEARN: BOOKS CAN CHANGE YOUR LIFE

Tuesday, May 29 at 10:15 A.M

- At this new program, we will chat about the book, Your Playlist Can Change Your Life: which tells how music can help your body and brain and your mood and memory.

TOO MUCH ON YOUR PLATE? (SOCIAL WORKER)

First and Third Thursdays, 10:00 – 11:00 A.M.
April 5 and 19, May 3 and 17, June 7 and 21, 2019
This group helps people cope with everyday events.

6 Tips for Healthy Aging

As you age, doing these six things will improve your chances of staying healthy and preventing chronic disease.



1

Eat Healthy

Choosing healthy foods is smart, no matter your age. Make healthy choices like fruits, veggies, whole grains, lean meats, and low-fat dairy products. Eating right helps prevent, delay, and manage heart disease, type 2 diabetes, and other chronic diseases. Losing even 5% to 7% of your body weight can help prevent or delay type 2 diabetes.



3

Quit Smoking

Stopping smoking (or never starting) lowers the risk of serious health problems, such as heart disease, cancer, type 2 diabetes, and lung disease, as well as premature death—even for longtime smokers. Take the first step and call 1-800-QUIT-NOW for FREE support.



5

Know Your Family History

If you have a family history of a chronic disease, like cancer, heart disease, diabetes, or osteoporosis, you may be more likely to develop that disease yourself. Share your family health history with your doctor, who can help you take steps to prevent these conditions or catch them early.



2

Get Regular Physical Activity

Regular physical activity can help you prevent, delay, and manage chronic diseases. It also lessens your risk of falling, improves balance and stamina, reduces arthritis pain and disability, and helps your brain stay healthy. Aim for moderate physical activity (like brisk walking or gardening) for at least 150 minutes a week.



4

Get Regular Checkups

Visit your doctor for preventive services, not just when you're sick. This can prevent disease or find it early, when treatment is more effective. These services can include screenings for chronic conditions, like cancer, high blood pressure, prediabetes or type 2 diabetes, and dementia, as well as immunizations and counseling to quit smoking.



6

Be Aware of Changes in Brain Health

Everyone's brain changes as they age, but dementia is not a normal part of aging. Some studies show that controlling high blood pressure, getting regular physical activity, and quitting smoking may reduce the risk of dementia or Alzheimer's disease. See your doctor if you have questions about memory or brain health.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

NATIONAL CENTER FOR
CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION
@CDCChronic | www.cdc.gov/chronicdisease

Older Adult Community Market

Free fresh fruit, vegetables and non-perishable groceries



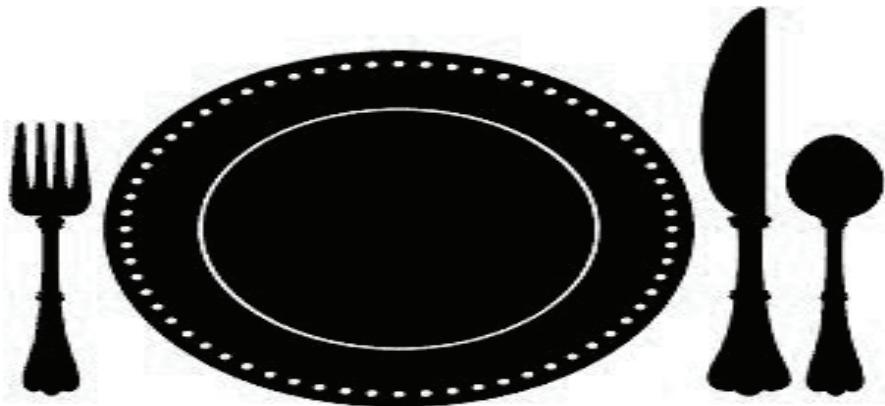
WHAT In partnership with community-based agencies serving older adults, the Food Depository provides free, nutritious food—including fresh produce—to older adults and households in the community.

WHO Ages 60+

CENTER LOCATIONS	DATES	TIME
Austin Senior Center 5071 W. Congress Parkway	April 2 and 16, 2019 May 7 and 21, 2019 June 4 and 18, 2019	10:00 a.m. to 12:30 p.m.
Levy Senior Center 2019 W. Lawrence Avenue	April 2 and 16, 2019 May 7 and 21, 2019 June 4 and 18, 2019	12:30 to 1:30 p.m.
Northwest Senior Center 3160 N. Milwaukee Avenue	April 3 and 17, 2019 May 8 and 22, 2019 June 5 and 19, 2019	12:30 to 2:30 p.m.
Atlas Senior Center 1767 E. 79th Street	April 3 and 17, 2019 May 8 and 22, 2019 June 5 and 19, 2019	1:00 to 2:00 p.m.
Southwest Senior Center 6117 S. Kedzie Avenue	April 16, 2019 May 7 and 21, 2019 June 4 and 18, 2019	1:00 to 2:00 p.m.
Englewood Satellite Center 653-657 W. 63rd Street	April 4 and 18, 2019 May 9 and 23, 2019 June 6 and 20, 2019	12:30 to 1:30 p.m.

For more information about additional food resources in our community, please contact the Greater Chicago Food Depository at 773-247-FOOD or visit their website at chicagosfoodbank.org





Golden Diners

SERVING OLDER CHICAGOANS SINCE 1969 FOOD, FUN AND FRIENDS

Come and join your neighbors at your local Golden Diners location. There are nearly 60 locations throughout the city, and there is sure to be one near your home. Most locations serve a hot meal at lunchtime and are open Monday thought Friday. Some are open on the weekend. Golden Diners are open to individuals 60 years of age and older and their spouses of any age. In addition to American style cuisine, ethnic foods are served in specific ethic communities. These include Southeast Asian, Indian, Korean, and Chinese. Special programs and activities are also provided at Golden Diners locations. Nothing is as rewarding as the friendship and companionship that the program has to offer. Exercise programs, educational lectures, and fun outing are also available. For more information, please call (312) 744-4016.

Special Meal

Friday, May 10, 2019
Older Americans Month



Beef Short Ribs
Mashed Potatoes
Broccoli Spears



Romaine Salad w/ Cherry Tomatoes/ Cucumbers/Dressing

Pretzel Roll

German Chocolate Cake

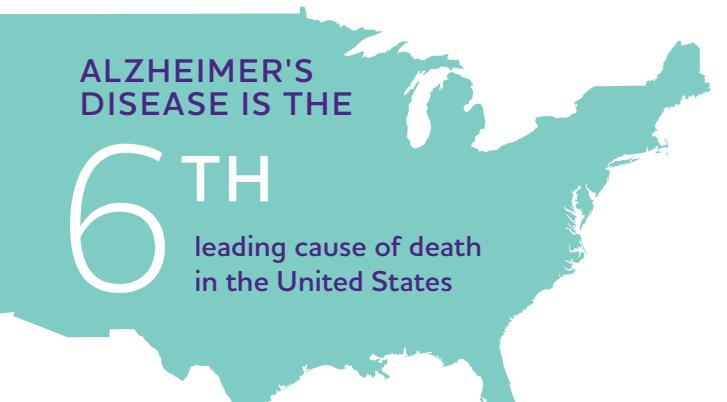
\$2.00 suggested contribution. Reservations required. Contact your meal site to make your reservation.
Open Kitchens catered meals menu only.



June Is
**Alzheimer's & Brain
Awareness Month**

GO PURPLE >

2019 ALZHEIMER'S DISEASE FACTS AND FIGURES



5.8 MILLION Americans are living with Alzheimer's **BY 2050**, this number is projected to rise to nearly **14 MILLION**

MORE THAN 16 MILLION AMERICANS provide unpaid care for people with Alzheimer's or other dementias

These caregivers provided an estimated **18.5 BILLION HOURS** valued at nearly **\$234 BILLION**

IN 2019, Alzheimer's and other dementias will cost the nation **\$290 BILLION**
BY 2050, these costs could rise as high as **\$1.1 TRILLION**



82% of seniors say it's important to have their thinking or memory checked

BUT ONLY **16%** say they receive regular cognitive assessments

EVERY 65 SECONDS someone in the United States develops the disease

Between 2000 and 2017 deaths from heart disease have decreased 9% while deaths from Alzheimer's disease have increased 145%

1 IN 3 seniors dies with Alzheimer's or another dementia

It kills more than breast cancer and prostate cancer
COMBINED

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.

Visit alz.org/10ways to learn more.

alzheimer's association®

THE BRAINS BEHIND SAVING YOURS.™

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CHICAGO FITNESS PLUS
Spring 2019
Regional Centers



CENTRAL WEST 2102 W. Ogden Avenue 60612

GROUP EXERCISE CLASSES

Day	Time	Class
Tuesday	9:00 AM	SFP
Wednesday	10:00 AM	Yoga
Thursday	9:00 AM	SFP

FITNESS CENTER TRAINING HOURS

Day	Hours
Tuesday	9:45 - 10:15 AM
Thursday	9:45 - 10:15 AM

NORTHEAST (LEVY) 2019 W. Lawrence Avenue 60625

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	10:00 AM	Arthritis
Monday	1:30 PM	Fit & Strong
Tuesday	2:00 PM	SFP
Wednesday	10:00 AM	Arthritis
Wednesday	1:30 PM	Fit & Strong
Thursday	10:15 AM	SFP
Friday	10:15 AM	SFP
Saturday	9:15 AM	Aerobics

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	9:00 - 10:00 AM	11:00 AM - 1:00 PM
Tuesday	11:30 AM - 2:00 PM	3:00 - 4:00 PM
Wednesday	9:00 - 10:00 AM	11:00 AM - 1:00 PM
Thursday	11:30 AM - 2:30 PM	
Friday	11:00 AM - 12:00 PM	
Saturday	10:00 AM - 12:00 PM	

NORTHWEST (COPERNICUS) 3160 N. Milwaukee Avenue 60618

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:30 AM	SFP
Tuesday	10:00 AM	Yoga
Tuesday	1:00 PM	Latin Rhyth
Wednesday	9:30 AM	SFP
Thursday	10:00 AM	Balance
Thursday	1:00 PM	Latin Rhyth
Friday	9:30 AM	SFP
Saturday	10:00 AM	Fit Mix

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	10:30 AM - 3:00 PM	
Tuesday	9:30 - 10:00 AM	11:00 AM - 1:00 PM
Wednesday	10:30 AM - 3:00 PM	
Thursday	9:30 - 10:00 AM	11:00 AM - 1:00 PM

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CHICAGO FITNESS PLUS
Spring 2019
Regional Centers

RENAISSANCE COURT 78 E. Washington Street 60602

GROUP EXERCISE CLASSES

Day	Time	Class	Day	Time	Class
Monday	10:15 AM	SFP			
Monday	11:00 AM	Fresh Start	Friday	10:15 AM	Weights
Wednesday	10:15 AM	SFP	Saturday	10:15 AM	SFP
Wednesday	11:00 AM	Fresh Start			

SOUTHEAST (ATLAS) 1767 E. 79th Street 60649

GROUP EXERCISE CLASSES

Day	Time	Class	Day	Hours	Hours
Monday	9:00 AM	SFP	Monday	10:00 AM - 12:00 PM	2:15 PM- 2:30 PM
Monday	12:45 PM	Fit & Strong	Tuesday	9:00 AM - 10:15 AM	11:15 AM - 2:00 PM
Tuesday	10:30 AM	Arthritis	Wednesday	10:00 AM - 12:00 PM	2:15 PM- 2:30 PM
Wednesday	9:00 AM	SFP	Thursday	9:00 AM - 10:15 AM	11:15 AM - 12:00 PM
Wednesday	12:45 PM	Fit & Strong			
Thursday	10:30 AM	Arthritis			
Friday	9:00 AM	SFP			
Friday	10:45 AM	Yoga			

SOUTHWEST 6117 S. Kedzie Avenue 60629

GROUP EXERCISE CLASSES

Day	Time	Class	Day	Hours	Hours
Monday	9:00 AM	SFP	Monday	10:00 AM - 12:30 PM	
Monday	12:30 PM	Fit & Strong	Tuesday	10:30 AM - 11:00 AM	12:00 PM- 3:15 PM
Tuesday	11:00 AM	SFP	Wednesday	10:00 AM - 12:30 PM	
Wednesday	9:00 AM	SFP			
Wednesday	12:30 PM	Fit & Strong	Thursday	10:30 AM - 11:00 AM	12:00 PM- 3:15 PM
Thursday	11:00 AM	Weights	Friday	10:00 AM - 1:00 PM	
Friday	9:00 AM	SFP	Saturday	11:00 AM - 12:00 PM	
Saturday	10:00 AM	Arthritis			



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CHICAGO FITNESS PLUS SPRING 2019 Satellite Centers

ABBOTT PARK 49 E. 95th Street. 60619

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	Hours
Monday	10:30 AM	Fitness Plus	Tuesday	12:00 PM - 1 PM	2:00 PM - 4:00 PM
Tuesday	8:30 AM	Yoga			
Tuesday	1:00 PM	Arthritis			
Wednesday	10:30 AM	Yoga	Wednesday	11:30 AM - 1:00 PM	
Thursday	1:00 PM	Arthritis	Thursday	2:00 PM - 4:00 PM	
Friday	9:00 AM	Limbercize			
Friday	10:00 AM	Fitness Plus			

Day	Time	Class
Monday	10:30 AM	Fitness Plus
Tuesday	8:30 AM	Yoga
Tuesday	1:00 PM	Arthritis
Wednesday	10:30 AM	Yoga
Thursday	1:00 PM	Arthritis
Friday	9:00 AM	Limbercize
Friday	10:00 AM	Fitness Plus

AUBURN GRESHAM 1040 W. 79th Street. 60620

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	Hours

Day	Time	Class	Day	Hours
Monday	10:30 AM	Fitness Plus	Monday	11:15 AM - 12:15 PM
Tuesday	12:30 PM	Arthritis	Tuesday	11:45 PM - 12:30 PM
Wednesday	10:30 AM	Fitness Plus	Wednesday	11:15 AM - 12:15 PM
Thursday	12:30 PM	Yoga	Thursday	1:15 PM - 2:30 PM

AUSTIN 5071 W. Congress Pkwy. 60644

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	Hours

Day	Time	Class	Day	Hours
Monday	11:15 AM	Fitness Plus	Monday	12:15 PM - 2:30 PM
Wednesday	11:15 AM	Fitness Plus	Wednesday	12:15 PM - 2:30 PM
Friday	11:15 AM	Balance	Friday	10:00 AM - 11:00 AM

CHATHAM 8300 S. Cottage Grove Ave. 60619

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	Hours

Day	Time	Class	Day	Hours
Monday	10:30 AM	Fitness Plus	Monday	10 AM - 10:30 AM
Monday	12:30 PM	Fit & Strong		11:30 AM - 12:30 PM
Wednesday	10:30 AM	Fitness Plus	Wednesday	2:00 PM - 3:00 PM
Wednesday	12:30 PM	Fit & Strong		10 AM - 10:30 AM
Friday	10:30 AM	Limbercize		11:30 AM - 12:30 PM
				2:00 PM - 3:00 PM

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CHICAGO FITNESS PLUS SPRING 2019 Satellite Centers

EDGEWATER 5917 N. Broadway St. 60660

GROUP EXERCISE CLASSES

Day	Time	Class
Tuesday	10:30 AM	Balance
Thursday	10:30 AM	Fitness Plus

ENGLEWOOD 653-657 W. 63rd Street. 60621

GROUP EXERCISE CLASSES

FITNESS CENTER TRAINING HOURS

Day	Time	Class	Day	Hours
Monday	10:00 AM	Limbercize	Monday	10:00 AM - 1:00 PM
Tuesday	9:30 AM	Fitness Plus		10:00 AM - 1:00 PM
Tuesday	1:00 PM	Arthritis		
Wednesday	10:00 AM	Fitness Plus	Wednesday	10:00 AM - 1:00 PM
Thursday	9:30 AM	Limbercize		10:00 AM - 1:00 PM
Thursday	1:00 PM	Arthritis		
Friday	9:45 AM	Limbercize		

GARFIELD RIDGE 5674-B S. Archer Ave. 60638

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	8:45 AM	Fitness Plus
Wednesday	8:45 AM	Fitness Plus
Friday	8:45 AM	Fitness Plus

KELVYN PARK 2715 N. Cicero Ave. 60639

GROUP EXERCISE CLASSES

FITNESS CENTER TRAINING HOURS

Day	Time	Class	Day	Hours
Monday	9:30 AM	Fitness Plus	Monday	9:00 AM - 9:30 AM
Monday	10:30 AM	Weights	Monday	11:30 AM - 1:00 PM
Wednesday	9:30 AM	Fitness Plus	Wednesday	9:00 AM - 9:30 AM
Wednesday	10:30 AM	Weights		11:30 AM - 1:00 PM
Friday	9:30 AM	Fitness Plus		
Friday	10:30 AM	Yoga		

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CHICAGO FITNESS PLUS SPRING 2019 Satellite Centers

NORTH CENTER 4040 N. Oakley Ave. 60618

GROUP EXERCISE CLASSES

Day	Time	Class	Day	Time	Class
Monday	9:00 AM	Get Fit!	Wednesday	1:30 PM	Zumba
Monday	2:00 PM	Chair Yoga	Thursday	9:00 AM	Body Alive
Tuesday	9:00 AM	Fit Mix	Friday	12:15 PM	Arthritis
Wednesday	9:00 AM	Core			

NORWOOD PARK 5801 N. Natoma Ave. 60631

GROUP EXERCISE CLASSES

FITNESS CENTER TRAINING HOURS

Day	Time	Class	Day	Hours
Monday	8:15 AM	Core Strength	Monday	11:00 AM - 1:00 PM
Monday	9 & 10 AM	Fitness Plus		
Monday	1:00 PM	Arthritis		
Wednesday	8:15 AM	Core Strength	Wednesday	11:00 AM - 1:00 PM
Wednesday	9 & 10 AM	Fitness Plus	Thursday	9:30 AM - 2:30 PM
Wednesday	1:00 PM	Arthritis		
Friday	8:15 AM	Core Strength	Friday	11:00 AM - 1:00 PM
Friday	9 & 10 AM	Fitness Plus		
Friday	1:00 PM	Balance		

PILSEN 2021 S. Morgan Ave. 60608

GROUP EXERCISE CLASSES

FITNESS CENTER TRAINING HOURS

Day	Time	Class	Day	Hours
Monday	10:00 AM	Fitness Plus	Monday	11:00 AM - 12:45 PM
	1:00 PM	Fit & Strong		
Wednesday	10:00 AM	Fitness Plus	Wednesday	11:00 AM - 12:45 PM
	1:00 PM	Fit & Strong		
Friday	10:00 AM	Fitness Plus	Friday	9:00 AM - 10:00 AM
	1:00 PM	Fit & Strong		11:00 AM - 12:45 PM



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CHICAGO FITNESS PLUS SPRING 2019 Satellite Centers

PORTAGE PARK 4100 N. Long Ave. 60641

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	Hours
Monday	9:45 AM	Fitness Plus	Monday	8:30 AM - 9:30 AM	10:30 AM - 2:30 PM
Tuesday	10:30 AM	Balance	Tuesday	9:30 AM - 2:30 AM	
Tuesday	1:00 PM	Yoga			
Wednesday	9:45 AM	Fitness Plus	Wednesday	8:30 AM - 9:30 AM	10:30 AM - 2:30 PM
Thursday	10:30 AM	Fitness Plus			
Friday	10:45 AM	Fitness Plus			
Friday	2:00 PM	Yoga			

ROSELAND 10456 S. Michigan Ave. 60628

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	
Monday	9:15 AM	Fitness Plus	Monday	11:00 AM - 12:30 PM	
	12:30 PM	Fit & Strong			
Wednesday	9:00 AM	Fitness Plus	Wednesday	11:00 AM - 12:30 PM	
	12:30 PM	Fit & Strong			
Friday	9:15 AM	Yoga			

SOUTH CHICAGO 9233 S. Burley Ave. 60617

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	Hours
Monday	10:00 AM	Fitness Plus	Monday	9:00 AM - 10:00 AM	11:00 AM - 1:00 PM
Wednesday	10:00 AM	Fitness Plus	Wednesday	9:00 AM - 10:00 AM	11:00 AM - 1:00 PM
Thursday	9:45 AM	Fitness Plus	Thursday	9:00 AM - 9:45 AM	11:30 AM - 1:00 PM
	10:45 AM	Arthritis			

WEST TOWN 1613 W. Chicago Ave. 60622

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	Hours
Monday	9:30 AM	Weights			
Tuesday	10:30 AM	Fitness Plus	Tuesday	9:00 AM - 10:30 AM	11:15 AM - 1:00 PM
Wednesday	9:30 AM	Zumba			
Wednesday	10:15 AM	Yoga			
Thursday	9:15 AM	Yoga	Thursday	9:00 AM - 10:30 AM	11:15 AM - 1:00 PM
Thursday	10:30 AM	Fitness Plus			

**Central West Regional Senior Center
2102 W. Ogden Ave. Chicago, IL 60612
(312) 746-5300 TTY: (312) 744-0321**



Director: Shavette Lovemore

Come to the Central West Regional Senior Center and meet old friends, make new friends and become a part of the Central West family!

**SPECIAL EVENTS &
PROGRAMS**

CENTRAL WEST CHOIR

3rd Thursdays

10:00 a.m.

Lucille Steele, choir director for the Central West Choir, which meets every 3rd Thursday at 10:00 am. We are looking for new members to join and share your gift of music with us.

CENTRAL WEST BOOK CLUB

3rd Mondays, April 15; May 20;

June 17, 2019

1:00 p.m.

Down the River Unto the Sea

By Walter Mosley (April Book),

The Racketeer by John Grishman (May Book),

June Book to be announced.

Come and join the discussion on these popular books and give your interpretations and thoughts on each one.

SEE ETHAN

Every 1st and 3rd Tuesday,

10:00 a.m. - 12:00 p.m.

Ethan Powe, our Social Worker from Rush University is available to talk with you. If you are worried about your health changes

or recent loss of a loved one or if you just need someone to talk to, our social worker will be available to listen and talk with you.

CLASSES

STEPPING CLASS

Wednesdays,

9:00 a.m. - 10:00 a.m.

Dr. Loretta Martin will teach you how to step Dance while you enjoy the company of friends.

YOGA

Wednesdays,

10:00 a.m.

Sensei Chester Digby is available every week to help you improve your flexibility and muscle tone.

COMPUTER CLASSES

Wednesdays

1:00 p.m. – 3:00 p.m.

Instructor: Linda Moore

Central West is offering beginning and intermediate computer class for seniors wanting to learn how to access the internet and send email. Persons wanting to keep up with technology need to register to attend this class. Call (312)746-5300 to register today.

CROCHETING

**Wednesdays,
12:00 p.m. - 2:00 p.m.**

Johnetta Philpotts, our volunteer is now teaching seniors how to crochet. The class will cover basic stitches and techniques. The class is FREE, but you must provide your own supplies.

TAP DANCE CLASS

**Tuesdays,
1:00 p.m. - 2:00 p.m.**

Seniors Tap is a positive aging chair tap class designed to strengthen muscles and improve flexibility. Can also be done standing for increased aerobic workout.

\$5.00 per class

ARTS & CRAFTS

**Thursdays,
10:30 a.m. – 11:30 a.m.**

Instructor: Eric Tillman

Join our wonderful class and make items for yourself or to give as gifts.

LINE DANCING

**Fridays,
9:00 a.m. - 10:00 a.m.**

Come and join Dr. Loretta Martin and learn all the latest line dancing steps.

UPCOMING EVENTS

SPRING FLING DANCE

**Friday, April 19, 2019
12:00 p.m. - 4:00 p.m.**

Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves.

OLDER AMERICANS MONTH

CELEBRATION

**Friday, May 10, 2019
12:00 p.m. - 2:00 p.m.**

Come and enjoy live entertainment and raffle give a ways while we celebrate the life of our seniors.

BINGO BONANZA

**Friday, May 24, 2019
1:00 p.m. - 2:30 p.m.**

Come enjoy a day of Bingo fun. Lots of great prizes. Cost \$5

BLACKOUT DANCE

**Friday, June 21, 2019
12:00 p.m. - 4:00 p.m.**

Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves.

Central West Satellite Centers

Program Highlights

Austin Satellite Center
5071 West Congress, 60644
(312)743-1538

LAW ENFORCEMENT ACADEMY April 3 – 10, 2019 1:00 p.m.- 3:00 p.m.	The Cook County Sheriff's Senior Law Enforcemen Academy is a six-part series designed to give seniors an overview of the responsibilities of law enforcement agencies in Cook County.
LINE DANCE CLASS Every Tuesday & Thursday 9:00 a.m. -11:00 a.m.	Put on your dancing shoes and join us on the Austin Dance Floor. You are sure to have a good time. All are welcome.
CHAIR YOGA Every Thursday 11:00 a.m. – 12:00 p.m.	Come join us at our newest class offering, Chair Yoga. In this class you will have a MIND, BODY, and soul experience. What's stopping you from giving this a try.

Pilsen Satellite Center
2021 South Morgan, 60608
(312)743-0493

EARTH DAY TALK Monday, April 22, 2019 11:00 a.m. – 1:00 p.m.	Presentations on how to help be responsible environmental citizens. Ways to get involved in local activities will be highlighted. In Spanish and English. This event is offered to participants at no cost.
MOTHER'S DAY PARTY Friday, May 10, 2019 10:00 a.m. – 2:00 p.m.	Mother's Day is always celebrated on May 10 th in Mexico. Join us for music, entertainment and great food. This is event is offered at no to participants. Space is limited and pre-registration is required. Call us at 312-743-0493 for details and to register.
FATHER'S DAY PARTY Friday, June 14, 2019 10:00 a.m. – 2:00 p.m.	Celebrate Father's Day early with us with music, entertainment and traditional Mexican party fare. This is event is offered at no to participants. Space is limited and pre-registration is required. Call us at 312-743-0493 for details and to register.

West Town Satellite Center
1613 West Chicago, 60622
(312)743-1016

MOTHER'S DAY PARTY Friday, May 10, 2019 10:00 a.m. – 2:00 p.m.	Celebrating Older American Month with a special meal. Mother's Day will be celebrated with raffle prizes during the day along with cultural music. Special Mother's Day Bingo and prizes from 1:00 p.m. until 3:00 p.m.
FATHER'S DAY PARTY Friday, June 14, 2019 10:00 a.m. - 3:00 p.m.	Celebrating Fathers Day with a pool and dominoe tournament among the best identified players at Westtown. Special prize for first place winner and photo-op for the main center's bulletin board. Raffles prizes will be given during the day of activities.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR

**Northeast Regional Senior Center
2019 W. Lawrence Ave. Chicago, IL 60625
(312) 744-0784 TTY: (312) 744-0320**



Programming: Alicia Henry

Come to the Northeast Regional Senior Center and meet old friends, make new friends and become a part of the Northeast Regional family!

SPECIAL EVENTS & PROGRAMS

SIDEWALK SALE

Friday, June 14, 2019

Rain Date: June 21, 2019

9:00 a.m.- 3:00 p.m.

Reserve a space for \$15.00 by May 31, 2019. Attendees must bring their own table/chair and prepared items to sell at our sidewalk sale.

Lunch will be provided. For more information, contact Alicia Henry 312-742-2620

MABUHAY – LONG LIVE THE PHILLIPPINES!!!

Saturday, June 1, 2019

12:30 p.m. - 3:30 p.m.

Join us as we celebrate Philippine Independence Day at Northeast Levy Regional Senior Center! Refreshments will be served.

BINGO – BINGO – BINGO

Mondays, 1:00 p.m.

Donation \$.50 (per card)

4/16- Blue Cross 10:00 a.m.

4/24 & 25- Com Ed 10:00 a.m.

5/4 1:30-3:30 p.m.

5/17 1:00-2:30 p.m.

5/30 10:00 a.m.

6/5, 6/13, 9:30- 11:30 a.m.

6/21, 6/25, 7/8 & 7/15/2019 2:00 – 4:00 p.m.

Stop by for quick game of Bingo with Meals on Wheels volunteers – great prizes and fun people!

CLASSES

AARP DRIVER SAFETY

May 16 and 17, 2019

July 18 and 19, 2019

9:00 a.m. - 1:00 p.m.

This approved two-day course is facilitated by AARP approved instructors. The course is presented in two, four-hour classes. **You must attend class both days to be eligible for the certification.** The cost of the class is **\$15.00 for AARP members and \$20.00 for non-members.** Please make all checks payable to AARP. Class fee can be paid on the first day of class, cash or check ONLY. For more information, call (312) 744-0784.

RULES OF THE ROAD

Monday- May 20th & July 15, 2019

12:30 p.m. – 2:30 p.m.

Secretary of State's review course designed to assist you with taking your driving test and highway safety review. Handouts will be available. Bring your driver's license or State I.D. to attend class. **FREE!!!**

ZUMBA FITNESS GOLD

Tuesdays & Saturdays

10:00 - 11:00 a.m. FEE: \$1

Instructor: Mari Jane Dare

This class is a fusion of aerobic exercise and Latin movements designed to strengthen and tone.

BASIC LINE DANCE

Tuesdays, 1:00 p.m. – 2:00 p.m.

Instructor: Ms. Georgia

Let Ms. Georgia guide you through the basics of line dancing via music and organized group choreography.

SPANISH

Thursdays, 2:30 p.m. - 4:00 p.m.

Instructor: Marvin Childress

Come learn basic Spanish all are welcomed.

SPANISH II

Wednesdays, 2:00 p.m. - 4:00 p.m.

Instructor: Marvin Childress

Come learn conversational Spanish at an advanced level.

KNITTING & CROCHETING CLUB

Wednesdays, 10:00 a.m. - 11:30 a.m.

Instructor: Bessie

Learn how to crochet at any level - beginner, intermediate, or expert! All skill levels are welcome to learn how to create masterpieces.

YOGA FIT W/ BONNIE

Wednesdays, 12:30 – 1:30 p.m.

Learn the foundations of yoga so you can begin to experience its transformational effects. This class is **FREE**...but please come with your Yoga mat.

VIBE (Visualize, Imagine, Breathe & Energize)

Fridays 12:30 p.m. – 1:30 p.m.

Instructor: Bonnie Pobgee

VIBE is an interactive mind and body class designed to relieve fear, anxiety and depression through yoga breathing, creative imagery, and Qi Gong as a way to detox and rebalance the nervous system.

COUNTRY WESTERN LINE DANCE

Fridays, 1:00 p.m. – 2:00 p.m.

Instructor: Louie Stallone FEE: \$1

If country and traditional line dancing is your forte...this is the class for you. Let Louie show you how to glide on the dance floor, join the fun.

SHUFFLE N' SLIDE DANCING

Fridays, 2:30 p.m.

Fee: \$5

Instructor: Ms. Georgia

For advanced line dancers enjoy the afternoon with music and organized group choreography.

ITALIAN WITH DARIO

Fridays, 9:00 a.m.

Join the group led by the native Italian speaker Dario.

KARAOKE

Tuesdays, 12:30 p.m. – 3:30 p.m.

Learn how to improve your vocal chords and memory at the same time, when you sing all the best songs both in English and Spanish.

CHOICE MARKET FOR OLDER ADULTS - GCFD Food Pantry

Tuesdays, 12:30 p.m.

Early arrival is suggested!

April 2 & 16, 2019

May 7 & 21, 2019

June 4 & 18, 2019

COMPUTER CLASSES:

Here at Northeast (Levy) Senior Center we have a state-of the art computer lab with the most updated technology. We offer classes Basic Computer classes. For more information call 312-744-0784.

WEEKEND PROGRAMS

SALSA & SWING DANCE

LESSONS

Saturdays- 12:30 p.m. – 1:30 p.m.

Instructor: Fran Strain

Northeast Satellite Centers

Program Highlights

Edgewater Satellite Center

5917 North Broadway, 60660

(312)742-5323

SPRING CRAFT FAIR Wednesday, April 10, 2019 10:00 a.m. to 2:00 p.m.	The Edgewater Spring Craft Fair is back! Craft jewelry, knitted items, art pieces, and cards for purchase.
"DISCO DANCE PARTY & LUNCH Wednesday, April 17, 2019 11:00 a.m. to 1:00 p.m.	The Chicago Park District's annual senior celebration and special luncheon. Music by DJ Chico. Admission is \$5. Please pre-register at the Front Desk.
WHAT'S NEW IN MEMORY LOSS Thursday, May 23, 2019 12:30 p.m. – 1:30 p.m.	Steve Satek, president and founder of Great Lakes Clinical Trials, will present on the latest breakthroughs in memory loss and Alzheimer's disease research. Free genetic testing and schedule no-cost memory screenings. Sponsored by Edgewater Village Chicago.

North Center Satellite Center

4040 North Oakley, 60618

(312)744-4015

FRAN-ERCISE Fridays, 10:00 a.m.	Enjoy a fabulous workout and great fun. A mix of stretch, aerobics, weights, bands and balls, tai chi and yoga wonderful music, even singing and more! No cost – 1 hour class. No reservation needed, Make your endorphins HAPPY.
EMPORIUM – BOOK & BAKE RAFFLE SALE EXTRAVAGANZA Sunday, April 29, 2019 12:00 p.m. – 4:00 p.m.	Books, Books, Books, Sweet and Savory Freshly Baked Delights. Something for Everyone. Contact center for more information. All are invited – No entry fee.
DROP-IN TECH CLINIC MONDAYS (except holidays) 10:00 a.m. – 1:00 p.m.	Drop-In training for smart phones, tables, laptops and pads. Learn how to get the most out of your device(s) with Mary Ann, Nancy and Joel. Just bring your device and your questions – they will find the answers. Did you know you could set up your address/phone book, keep an appointment calendar read and answer email and much more? No fee – No appointment.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

**Northwest Regional Senior Center
3160 N. Milwaukee Ave.
Chicago, IL 60618
(312) 744-6681 TTY: (312) 744-0321**



Director: Rafael Gonzalez

Come to the Northwest Regional Senior Center and meet old friends, make new friends and become a part of the Northwest family!

SPECIAL EVENTS & PROGRAMS

MEMORIAL DAY SALUTE

Thursday, May 23, 2019

9:15 a.m. – 10:30 a.m.

Once again, we will be honoring our fallen soldiers with a special program. The cadets from the JROTC program at Lane Tech will be participating as Honor Guard, Drill Team and Drum Line. Refreshments will be served.

FREE

NORTHWEST COPERNICUS 43RD ANNIVERSARY PARTY

Friday, June 21, 2019

11:00 a.m. to 3:00 p.m.

Come celebrate our 43rd Anniversary in the community. We will have a nutritious lunch and then we will dance to all kinds of music: Polka, Merengue, Salsa, Line Dance and whatever other music, DJ Chico can play.

AUXILIARY OF THE NORTHWEST SIDEWALK SALE

Friday, June 28th, 2019

9:00 a.m. to 3:00 p.m.

The Northwest Auxiliary will be hosting its annual Sidewalk Sale. We invite you to participate whether you are trying to sell or buy some new or gently used items.

Applications will be accepted until **June 14th; please make checks payable to the Auxiliary of the Northwest. NOTE: You**

**must bring your own table and chairs.
COST: \$15.00 a space.**

CLASSES

AARP DRIVER SAFETY PROGRAM

April 10 & April 11, 2019

June 12 & June 13, 2019

9:00 a.m. – 1:00 p.m.

This two-day course is facilitated by AARP approved instructors. The course is presented in two, four-hour classes. Please make all checks payable to AARP. Class fee can be paid on the first day of class. Please call the center to register 312-744-6681. Cost is **\$15.00 for AARP members, \$20.00 for non-members.**

LINE DANCE

**1st Three Mondays,
12:30 p.m. – 1:30 p.m.**

Frances Strain is firing up your enthusiasm teaching the latest line dances. It is a lot of fun and good exercise all at once!

Accomplished line dancers are always welcome. **\$1.00 suggested donation.**

PILATES CLASS

1ST and 2ND Monday of the month

10:30 a.m. - 11:30 a.m.

This class will help you strengthen your body's core muscle groups and increase your flexibility.

V.I.B.E. Visualize, imagine, breath, energize

**3rd & 4th Mondays,
10:30 a.m. - 11:30 a.m.**

Bonnie Pobgee has an Arthritis Foundation approved Tai-Chi and Qi Gong class, easy to learn slow graceful movements, often called “meditation in motion”, that will balance your mind and body.

COMPUTER CLASSES

Introduction to Windows

Our computer classes will in April 2019. You will learn about the operating system for most computers, how to turn on your PC, work with the Windows system, what to expect and how to begin to send emails. You will also be introduced to the wonderful world of Word processing, where you will learn how to read and make new documents, how to make letters or documents and how to store them on your computer. **Each class is 3 weeks long, on Tuesdays @ 12:00 noon, starting April 9, 2019. COST - \$10.00 for Windows, \$5.00 for the book.**

BEADS & BAUBLES CLASS

**1st & 3rd Fridays,
10:00 a.m. - 11:15 a.m.**

Marta Ortiz, our instructor for the jewelry making class, will teach you how to create bracelets, necklaces and other pieces of jewelry. Best of all, once you make it you can wear it and show it off to your family and friends.

WEEKEND EVENTS

WII BOWLING TOURNAMENT

Sundays, 10:00 a.m.

Come and join us for this entertaining and fun game of video bowling. Beginners are always welcome as well as more accomplished bowlers. Are you one of them? Let's find out!

SPANISH FOR BEGINNERS

Saturdays, 1:30 p.m.

The Northwest Center is continuing to offer the popular conversational Spanish class to students with all levels of fluency. Enrollment will be conducted quarterly. Classes resume the second week of January. **\$2.00 suggested donation per class (covers materials).**

ZUMBA GOLD

1st and 2ND Saturdays, 12:15 p.m.

Melt your pounds away while having fun dancing to music and learning new dance moves.

“AT THE MOVIES”

4th Saturday of the month at 12:30

By popular demand will feature the newest and latest titles released by Hollywood! Popcorn will be available for a small donation.

LATIN DANCE

**1st and 3rd Sundays,
12:30 p.m. – 1:30 p.m.**

You are invited to join an open, formal instructional session of latin dance including Bachata, Merengue and Salsa. Class instruction is being provided by Dancemates, Inc.

SPRING DANCE

**Sunday, June 8th, 2019
12:30 p.m.**

Let's celebrate the beginning of Summer by dancing to the music of DJ's Norma and Fran, who will play your favorite polkas, salsa, merengue's, bachatas, waltz and 50's, 60's and 70's music. Refreshments will be served.

PARDON OUR DUST!!!

As you may be aware, we are renovating the center. So, we are experiencing less than usual programs and dances but, in the very near future you will have a brighter, updated facility. We are doing this in order to make your center experience enjoyable and so it can remain a place you can keep enjoying for years to come.

Northwest Satellite Centers

Program Highlights

Kelvyn Park Satellite Center 2715 North Cicero, 60639 (312)744-3350
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BINGO Tuesdays at 10:00 a.m. & Fridays at 1:00 p.m.	Join the best game of BINGO at Kelvyn Park Satellite Senior Center. Every Tuesday 10:00 a.m. and Friday at 1:00 p.m. Come and socialize with friends .50 cent per card.
ZUMBA GOLD Tuesdays & Thursdays, 1:00 p.m. – 2:00 p.m.	Come join Mari Jane at Kelvyn Park for Zumba Gold. This action packed, fun –filled exercise program is sure not to disappoint. Ditch the workout and come join the party!

Norwood Park Satellite Center 5801 North Natoma, 60631 (773)775-6071

WHAT'S NEW FOR MEDICARE IN 2019 Wednesday, October 10, 2018 10:45 a.m.	Medicare Open Enrollment begins October 15, 2018. Come and learn about the Medicare changes for the coming year. No charge or advance registration required.
AARP DRIVER SAFETY CLASS November 6 & 8, 2018 12:30 p.m.	The class helps you to be a better driver and may decrease your insurance cost, Check with your agent for eligibility. \$20 per person, \$15 for AARP members. Call to register (773) 775-6071
Portage Park Satellite Center 4100 North Long, 60641 (312)744-9022	
HALLOWEEN PARTY Wednesday, October 31, 2018 11:00 a.m. – 3:00 p.m.	Bring your dancing shoes as we celebrate Halloween with music (from Tony Bernard), a costume contest, raffles, and lunch! \$3.00 suggested donation!
THANKSGIVING LUNCHEON Thursday, November 15, 2018 11:00 a.m. – 3:00 p.m.	Join us for music (from the Revolutionary Swing Orchestra), raffles, and lunch during our annual luncheon! \$3.00 suggested donation!
HOLIDAY PARTY Thursday, December 20, 2018 11:00 a.m. – 3:00 p.m.	Enjoy a day filled with music, raffles, an ugly sweater contest, lunch, and holiday cheer! \$2.50 suggested donation!

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

Renaissance Court
78 E. Washington Street, Chicago, IL 60602
(312) 744-4550 TTY: (312) 744-6777



Regional Director: Crystal Warren

Please Note: Wheelchair accessible entrance at 77 E. Randolph St.

Come to Renaissance Court and meet old friends, make new friends and explore the cultural arts experience!

**SPECIAL EVENTS &
PROGRAMS CLASSES**

**CREATIVE QUILTING: THE ART OF
HAND QUILTING**

The Art of Hand Quilting

Wednesdays, Beginning April 3, 2019

11:00 a.m. – 1:00 p.m.

Instructor: Connie Hinkle

Whether you prefer classic, modern, or crazy quilts; this class will provide an overview of traditional, creative, and modern art quilts. We will study the design, production, and detailing aspects of the quilting craft.

Students will work on individual projects of their choice in a group setting. This class is facilitated to be enjoyed by all levels of quilters, whatever your sewing skill level. Let's start our own 21st century quilting bee, an extension of the extremely popular social event in the 19th century, where friends would get together and quilt, share ideas, and express their artistic capabilities.

Registration is not required.

AARP DRIVER SAFETY

Wednesday, June 5 &

Thursday, June 6, 2019

12:00 p.m. – 4:00 p.m.

\$15 AARP members and \$20 for non-members. You must attend both days to receive a certificate. **Call 312/ 744-4550 for more information or to sign –up.**

MASSAGE THERAPY

Mondays & Fridays (Appointments Only)

10:00 a.m. – 3:30 p.m.

Licensed Therapist: Tisa Williams

One(1) Hour - Massage - \$30

You must pay at the time of booking. Call for additional details at (312) 744-4550.

This service is sponsored by the Friends of Renaissance Court Auxiliary.

RENAISSANCE TRAVEL CLUB

**Wednesday, April 25; May 23; June 27,
2019**

12:30 p.m. – 1:30 p.m.

Facilitator: Sharon Carter

If you are interesting in traveling but don't want to travel by yourself...come join the travel club. At each monthly meeting, bring places/events you have discovered (places to go, cost and date). The group will review all events and create a calendar. Most travels will be in Chicago and neighboring areas. The group will collectively decide the event and meet at the location. If you know of other groups that are sponsoring trips or events, please bring in that information as well. No trip/event is too big or too small. Please remember **FREE** events are the best!

LADIES & GENTS WHO LUNCH

Every 3rd Tuesday

11:30 a.m.

If you love dining at Chicago's most famous restaurants while enjoying great socialization, then you will love to a part of

this dynamic group of ladies & Gents. This group meets every 3rd Tuesday at a different restaurant of choice. Call us at 312/ 744-4550 to reserve your seat at the table. Reservations are free but lunch and transportation is on you. This quarter we will visit:

April –Fogo De Chao Brazilian Restaurant
661 North La Salle Street

May – Lockwood @ the Palmer House
17 East Monroe Street

June – Smith & Wollenky
318 North State Street
Call (312)744-4550 for your seat at the table.

DRAWING HEADS

Thursdays, April 11 – May 30, 2019
10:00 a.m. – 12:00 p.m.

Instructor: Jacquelyn Zevin.

The goal of this class is to help you develop your own style and ideas about drawing heads. The class will begin with some exercises that will help you draw the head and figure more accurately. We will then take some time to learn how various artists have drawn and used heads in their art. You will have the opportunity to experiment with a variety of approaches in order to find the most effective ways of expressing your own ideas and feelings. **FREE. Registration is not required.** Class canceled on **June 6, 2019.**

CHICAGO SENIOR CLOWN

TROUPE CLASS

Every 1st & 3rd Wednesday,
1:30 p.m. – 3:30 p.m.

Facilitator: Karen Hoyer

Laugh and have fun -- and learn to spread joy as a clown! Learn juggling, mime, puppetry, make up and costuming, gag writing, joke telling, magic, improvisation -- everything you need to become a clown.

FREE

RENAISSANCE COURT GALLERY

"PANORAMIC VISTAS"
David Bechtol – Media: Photography
March 8 – May 3, 2019

"SOUTHERN ROOTS FOREVER"
Sandra Bridges- Media: Acrylic on Canvas
May 10 – July 5, 2019

RENAISSANCE BOOK CLUB

Every 2nd Monday,
11:00 a.m. – 12:30 p.m.

Facilitator: Marlene Saxton

Come meet new people, choose a book, exchange ideas and have fun. This is member lead book discussion for the reader at heart. Suggest a book and bring a friend.

Book of the Month:

April 8 – “The Subtle Art of Not Giving a F...”
by Mark Manson

May 13 – “The Great Believer” by Makkai
June 10 – “Pachinko” by Min Jin Lee

THE GEOGRAPHIC SOCIETY OF CHICAGO TRAVELOGUE SERIES

Every 3rd Tuesday of the Month
April 16; May 21 & June 18, 2019
2:00 p.m. – 3:30 p.m.

This quarter we present three exceptional programs with our program partners, The Geographic Society of Chicago. These presentations are FREE. Registration is not required.

TOPICS:

April 16 – An Illustrated Presentation of the Architectural Geology of the Chicago Region

May – TBD
June - TBD

BASIC PERSIAN FARSI

Mondays, 10:15 a.m. – 11:00 a.m.

Instructor: Majid Memar, PhD
This class is free.

Southeast Regional Senior Center
1767 E. 79th Street
Chicago, IL 60649
(312) 747-0189 TTY: (312) 744-0322



Director: Robin Tillotson

Program Contact: Kalyna Pomirko

Come to the Southeast Regional Senior Center and meet old friends, make new friends and become a part of the Southeast family.

SPECIAL EVENTS & PROGRAMS

MAY IS OLDER AMERICANS MONTH

The Atlas Center is sponsoring the following activities in May:

May 1, 2019- Opening ceremonies: free haircuts, makeovers; information resources and entertainment;

May 9, 2019- Mental health resources;

May 15, 2019- Special luncheon; healthy lifestyles activities all day long;

May 27 – 31, 2019 - Seed planting; outreach; and corn roast

Throughout May, we will have events happening each week, please contact the center for more information.

“ATLAS SWINGS”

Friday, May 24, 2019

11:30 a.m. – 1:30 p.m.

Musical performance by the Myron Mills Project. **FREE.**

WEEKEND CLASSES & EVENTS

Saturday Music Grooves w/Tobias

Saturdays, April 6, May 4, and June 1, 2019

11:30 a.m. – 1:30 p.m.

Wake up and start your weekend off with D.J. Tobias playing some cool tunes. **FREE**

MUSICAL NOTES

Saturdays, April 13, May 11, and June 8, 2019

11:30 a.m. - 1:30 p.m.

Andre Miles kicks off your day with vocals and keyboard performing songs you like to hear. **FREE.**

SATURDAY LINE DANCE CLASS

Saturdays, April 20 and June 15, 2019

10:00 a.m. – 11:30 a.m.

Get those feet moving. Join instructor Marvella Ross for this **FREE** line dance class.

THE MYRON MILLS PROJECT

Saturday, May 18, 2019

The Myron Mills Project performs some of their signature tunes for your listening pleasure. **FREE**.

KY'NORA AND THE ENCHANTERS

Saturday, June 15, 2019

12:00 p.m.

This enchanting trio, featuring piano, vocals, and harmonica, will entertain you to your heart's delight. **FREE**.

WE SING KARAOKE

Saturdays, April 27, May 25, and June 22, 2019

11:30 a.m.-1:30 p.m.

Have some fun singing your favorite songs with BeBop, the Queen of Karaoke **FREE**.

CLASSES

JEWELRY MAKING WITH BEADS

Second & Fourth Thursdays

April 11 & 25; May 9 & 23; and June 13 & 27, 2019

10:00 a.m. – 11:30 a.m.

Instructor: Veronica Echols-Noble

HOME GARDENING: CONTAINERS & BEYOND

Thursdays, 10:00 a.m. - 11:00 a.m.

April 4 until May 9, 2019 (6 sessions)

Instructor: Nelson Fluker

Looking to use your green thumb? Spring has you motivated, come join our gardening class! You are sure to have a great time.

MUSIC BY TOBIAS

Every Tuesday, Wednesday & Friday

11:30 a.m.-1:30 p.m.

D.J. Tobias plays your favorite songs.

SNACKING AROUND THE WORLD

Fridays, 12:00 p.m. - 2:00 p.m.

May 3 - June 28, 2019 (8 sessions)

Instructor: Chef Sheri Brazley

AARP DRIVER SAFETY

EDUCATION

Wednesday & Thursday, June 19 &20

9:00 a.m. – 1:00 p.m.

Instructor: Lois Travis

Please register with instructor at (773)568-7261 (daytime hrs.)

RULES OF THE ROAD

Wednesday, May 8, 2019

10:30 a.m. – 12:30 p.m.

Please call (312)747-0189 x 103 to register.

KNITTING/CROCHETING

Mondays, 12:30 p.m. – 2:30 p.m.

Instructor: Jo-Ann Mc Kelphin

T A I—C H I

Tuesdays, 12:45 – 2:00 p.m.

Instructor: Craig Harris

Cost: \$3.00

Wii: BOWLING

Mondays, 10:30 a.m.

Thursdays, 9:30 a.m.

Instructor: Marie Sims

LINE DANCE

Tuesdays, 9:00 a.m. – 10:00 a.m.

Instructor: Marvella Ross

STEPPING

Tuesdays, 10:00 a.m. – 11:30 a.m.

MASSAGE THERAPY (by appt.)

Wednesdays, 10:00 a.m.-2:45 p.m.

Massage Therapist: Tisa Williams

Please call (312)747-0189 for further Information.

VISIT OUR WEBSITE:

79THSTREETSENIORS.COM

Southeast Satellite Centers

Program Highlights

Abbott Park Satellite Center 49 East 95th Street, 60619 (312)745-3493	
LINE DANCE & OPEN MIC PERFORMANCE Fridays, 11:00 a.m. – 2:00 p.m.	Spend your Fridays at Abbott Park Senior Satellite Center with Beginners Line Dancing at 11:00 a.m. – 12:00 p.m. But, don't leave and join us for Open Mic from 12:00 p.m. – 2:00 p.m. All talents are welcome, Karaoke Sing-A-Long, Poetry, Spoken Word & Dancing from 12:00 p.m. – 2:00 p.m.
BID WHIST Tuesday & Thursday 1:00 p.m. – 4:00 p.m.	Bid whist is a partnership trick-taking and bidding variant of the classic card game whist . It is generally accepted that the game of bridge came from the game of whist . All skill levels play.
Chatham Satellite Center 8300 South Cottage Grove, 60619 (312)745-0401	
BRIDGE CLASS Every Monday & Thursday 1:30 p.m. – 3:00 p.m.	Come join Richard Boyd as he leads us in an exciting game of bridge. Great fun and great company. Beginners are welcome. Richard is a very patient instructor; why not give Bridge a try...
ICE CREAM SOCIAL 3 rd Thursdays 1:30 p.m. – 3:30 p.m.	EVERYONE IS WELCOME at Chatham Satellite's Dancing Singing, and Socializing with Friends . Have a cup of ice cream and try your hand at Karaoke with Stefon. If you would like to dance, feel free.
Roseland Satellite Center 10426 South Michigan, 60628 (312)745-1500	
MOTHER'S DAY BREAKFAST Tuesday, May 7, 2019 9:00 a.m. – 12:00 p.m.	Calling all mothers/mother figures! Come to Roseland Senior Satellite Center where mothers/mother figures will be honored with breakfast, great music and a fashion show! Cost \$5.
LINE DANCE CLASS Mondays, 11:00 a.m. – 12:00 p.m.	Do you want to learn how to line dance? Summer holiday gatherings are just around the corner. Come join us to learn the latest moves in line dancing at Roseland Senior Satellite Center.
South Chicago Satellite Center 9233 South Burley, 60617 (312)745-1282	
ZUMBA WITH ERIKA Tuesdays, 10:00 a.m. – 11:00 a.m.	Ditch the workout and join the party with Ms. Erika. You are sure to have a Zumba good time.
STEPPING CLASS Fridays, 9:00 a.m. – 10:00 a.m.	Meet you on the dance floor at South Chicago Satellite, where Mr. Calvin will teaches you the smoothest moves on the South Side.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

**Southwest Regional Senior Center
6117 S. Kedzie Ave.
Chicago, IL 60629
(312) 747-0440 TTY: (312) 744-6777**



Come to the Southwest Regional Senior Center and meet old friends, make new friends and become a part of the Southwest family!

CLASSES

AARP DRIVERS' SAFETY CLASS

Thursday, April 4, Friday April 5, 2019
Thursday, June 6, Friday June 7, 2019
9:30 a.m. - 1:30 p.m.

This approved course is taught by AARP for accident prevention. You must be at least 55 years old and a \$20.00 fee is required for the two day training. You may be eligible for a premium reduction on your automobile insurance at the completion of the class. Interested persons should call the center at (312) 747-0440 to register. Class size is limited. **\$15.00 for AARP members and \$20.00 for non-members (payable to AARP)**

SEWING FOR LEISURE

Tuesdays, 9:30 a.m. - 11:30 a.m.

Instructor: Mary Simmons

Come and join us to learn the art of sewing. A limited number of sewing machines will be available, so participants with sewing machines are encouraged to bring their own machines. Students will supply their own sewing materials for the class. Classes meet every Tuesday, except on holidays. The class size is limited to 15 students. **Cost: \$5.00 per person for each class.**

ZUMBA GOLD

**Thursdays,
9:00 a.m. – 10:00 a.m.**
Instructor: Myah McKinnie

"Ditch the work out and come join the party! Zumba is a cardio-based fitness class that fuses Latin and international rhythms and movements. The Zumba Gold format is designed for the active older adult or the beginner participant and features dances from popular rhythms such as meringue, Salsa, Cha Cha, Belly Dance Flamenco, Tango, Rock and Roll and more. The format is so easy that anyone and any age can do it! Zumba is for people who like to exercise, dance, party, and have fun !!!

KARAOKE

Friday, April 05, 19, 2019

May 03, 17, 2019

June 07, 21, 2019

9:30 a.m. – 10:30 a.m.

Come join Harold and the Southwest family to have a Karaoke good time! Bring your best singing voice or just to listen as we sing all of your favorites songs. We have a wide variety of songs both in English and Spanish.

ILLINOIS SECRETARY OF STATE

PHOTO ID PROGRAM

Friday, May 17, 2019

10:00 a.m. - 2:00 p.m.

The staff from the Secretary of State office will be at the Southwest Regional Senior Center to provide photo I.D. cards for senior citizens. This service is free to Seniors 65 years and older. Call and register today (312) 747-0440.

Required documents for issuance of a photo I.D. are:

- Social Security Card
- Two acceptable forms of identification that provide your name date of birth, residency and signature.

RULES OF THE ROAD

Friday, June 28, 2019

10:00 a.m. - 12:00 p.m.

Secretary of State Jessie White's Office is providing a Rules of the Road class, which will provide information to assist you with taking your driving test and also provide information on highway safety. Bring your driver's license or state I.D. to attend. Handouts will be available, but please sign up at the center to make sure we have enough material for everyone. **FREE**

SENIOR COMPUTER CLASSES

Wednesday, June 06, 2019 (Eight week sessions)

9:30 a.m. – 11:30 a.m.

Instructor: Phyllinyce McEastland

This beginner computer course will teach you basic computer skills, and the Internet. Advance registration is required, so please call (312) 747-0440.

Cost: \$35.00(Due on the first day of class.) Please make your checks out to the "Southwest Auxiliary."

WHAT'S ON YOUR PLATE?

Thursdays, April 03 &17; May 2 &16, and

June 6, & 20, 2019

9:00 a.m. - 11:00 a.m.

Have you forgotten how to relax? Have you got too much to do and not enough time to do it? Do you feel overwhelmed? Do you want to handle stress better? Do you want to learn how to take better care of yourself? If you answer yes to any of these questions, this support group is for you. It will meet every other Thursday morning. Jeaneane Quinn, MSW,LSW from Rush University Medical Center, Bowman Health Center will lead the discussion group.

FREE

HOME GARDENING

Fridays,

10:00 a.m. - 11:00 a.m.

April 5, 12, 19, & 20, 2019

May 3 & 10, 2019

Instructor: Nelson Fluker

Looking to use your green thumb? Spring has you motivated, come join our gardening class! You are sure to have a great time

SOUL LINE DANCE CLASS

Thursdays,

1:00 p.m. – 2:00 p.m.

Instructor: Hakeemah Shamsuddin

Improve your endurance and exercise the brain and memory all while having fun learning popular line dances

Southwest Satellite Centers

Program Highlights

Auburn Gresham Satellite Center
1040 West 79th Street, 60620
(312)745-4797

DOUBLE FEATURE MONDAYS 12:00 p.m. & 2:00 p.m.	Please join us on Mondays to enjoy light hearted movies (old and new) as well as a lovely critique conversation. Popcorn will be served upon request. Movies start on time.
LINE DANCE WITH LISA Tuesdays, 9:30 a.m.	Come join Lisa and the Auburn Gresham dancers as you learn the latest line dances. This fun- filled class will not disappoint. A good time will be had by all.

Englewood Satellite Center
653 - 657 West 63rd Street, 60621
(312)745-3328

FATHER'S DAY POOL TOURNAMENT Thursday, June 13, 2019 9:00 a.m.	Are you the best player around? Prove it!! Come join us at the Englewood Satellite and get your game on. For more information contact D "Trouble" Parks @ 312-745-3328
37th ANNIVERSARY CELEBRATION Friday, June 28, 2019 12:00 p.m. - 4:00 p.m.	Festivities will be held at the beautiful Martinique Grand Ballroom. Luncheon, entertainment & dancing included. Music by the one and only DJ to the seniors in the Chicagoland area "CHICO". For ticket information call 312-745-3328.

Garfield Ridge Satellite Center
5674-B S. Archer, 60638
(312)745-4255

COOKING WITH CHEF GLORIA Most Wednesdays at 12:45 p.m. April 3- June 19, 2019	Chef Gloria D. Hafer demonstrates easy recipes for seniors to make good, interesting and healthy meals at home. The first 25 people to sign up on the day of class are guaranteed tastings. * First Wednesday of every month (4/3, 5/1 & 6/5) at 10:30 a.m. instead of the 12:45 p.m. time slot.
BRING ON BASEBALL BINGO PARTY Tuesday, April 23, 2019 9:00 a.m. – 2:00 p.m.	Join us for a BINGO Party in celebration of the baseball season. Your ticket purchase includes admission, lunch, two cards to play through ten games of BINGO (with gift certificate prizes) and a guessing game. Please call for more information.
BOOK CLUB Tuesdays, 9:45 a.m. April 30, May 28, and June 25, 2019	Join our book club. A new book is chosen each month and a representative from the Chicago Public Library comes to run the Book Club meeting. Once each month the book club (a group of seniors) meet to discuss a book they have read and express their opinions, likes, dislikes, etc.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

CELEBRATE OLDER AMERICANS MONTH THIS MAY!



Chicago's Senior Centers are joining in the national celebration of Older Americans Month 2019. This year's theme, "**Connect, Create & Contribute**" emphasizes communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Visit your local senior center in May and any other month to **Connect, Create & Contribute!**



Line Dancing
Zumba
Yoga
Karaoke
Billiards
Art & Crafts
Adult Coloring
Board Games
Belly Dance
Dominos
Bridge
Story Telling
Clowning
Cooking
Singing
Brain Fitness
Laugh Classes
Parties
Stepping
Gardening
Movies
Live Music
Language Arts

Note: Not all activities are available at all centers.



CHICAGO SENIOR CENTERS

Follow Chicago Department of Family & Support Services Senior Centers on Twitter to see what's happening at your local senior center, learn about community resources and to receive information on positive aging.

In May, we will be posting all month long in celebration of Older Americans Month.

Join our online community and stay in the know.

<https://twitter.com/CentersSenior>



CONNECT, CREATE, CONTRIBUTE MAY 2019

REGIONAL SENIOR CENTERS

HOURS: Monday - Friday, 8:30 a.m. - 4:30 p.m. Many have weekend hours.

Northeast (Levy)
Regional Senior Center
2019 W. Lawrence Ave.
(312) 744 - 0784 (60625)
TDD: (312) 744 - 0320

Northwest (Copernicus)
Regional Senior Center
3160 N. Milwaukee Ave.
(312) 744 - 6681 (60618)
TDD: (312) 744 - 0321

Southeast (Atlas)
Regional Senior Center
1767 E. 79th St.
(312) 747 - 0189 (60649)
TDD: (312) 744 - 0322

Southwest Regional
Senior Center
6117 S. Kedzie Ave.
(312) 747 - 0440 (60629)
TDD: (312) 744 - 0323

Central West Regional
Senior Center
2102 W. Ogden Ave.
(312) 746 - 5300 (60612)
TDD: (312) 744 - 0319

Renaissance Court
At the Chicago Cultural Center
78 E. Washington St.
(312) 744 - 4550 (60602)
TDD: (312) 744 - 6777

SATELLITE SENIOR CENTERS

HOURS: Monday - Friday, 8:30 a.m. - 4:30 p.m.

Abbott Park
Senior Satellite Center
49 East 95th St.
(312) 745 - 3493 (60619)

Auburn Gresham
Senior Satellite Center
1040 W. 79th St.
(312) 745 - 4797 (60620)

Austin Senior Satellite Center
5071 W. Congress Pkwy.
(312) 743 - 1538 (60644)
Operator: South Austin Coalition
Community Council

Chatham
Senior Satellite Center
8300 S. Cottage Grove Ave.
(312) 745 - 0401 (60619)

Edgewater Senior Satellite
Center
5917 N. Broadway St.
(312) 742 - 5323 (60660)

Englewood Senior Satellite
Center
653 - 657 W. 63rd St.
(312) 745 - 3328 (60621)
Operator: Catholic Charities

Garfield Ridge
Senior Satellite Center
5674-B S. Archer Ave.
(312) 745 - 4255 (60638)
Operator: Southwest Side
Senior Services Org.

Kelvyn Park Senior Satellite
Center
2715 N. Cicero Ave.
(312) 744 - 3350 (60639)
Operator: Catholic Charities

North Center Senior Satellite
Center
4040 North Oakley Ave.
(312) 744 - 4015 (60618)
Operator: Catholic Charities

Norwood Park
Senior Satellite Center
5801 N. Natoma Ave.
(773) 775 - 6071 (60631)
Operator: Norwood
Crossing

Pilsen Senior Satellite Center
2021 S. Morgan St.
(312) 743 - 0493 (60608)
Operator: Alivio Medical Center

Portage Park Senior
Satellite Center
4100 N. Long Ave.
(312) 744 - 9022 (60641)

Roseland Senior
Satellite Center
10426 S. Michigan Ave.
(312) 745 - 1500 (60628)

South Chicago Senior
Satellite Center
9233 S. Burley Ave.
(312) 745 - 1282 (60617)

West Town Senior
Satellite Center
1613 W. Chicago Ave.
(312) 743 - 1016 (60622)